

Game Set-Up

Equipment/Uniform

- Ball Size: 29.5 regulation official size basketball
- Recreation department issued t-shirt; sneakers must be worn (no street shoes); jewelry is not allowed.

of Players:

- Five players is the usual number on the court, but a game may start with 4 players.
- In the event a team does not have five players five minutes after the scheduled starting time, the game will be forfeited to the opponent, provided that the opponent has 5 players
- The winning team should then supply the losing team with a player (if possible) and the game should be played as a scrimmage. If both teams forfeit, a loss will be charged to both teams. If both teams have only 4 players, then the game should be played for fun.

Staffing

- Scorekeepers will operate scoreboard and track game statistics.
- The Basketball Facilitator will attend every game and submit final game scores.
- A Referee(s) will be provided for each game.
- Please note – according to the NP Rec Code of Conduct, officials are to be treated with respect at all times.

Game Structure

Time Management

- Games consists of four 8-minute running-time quarters with the following exceptions:
 - Clock will be stopped at any time for foul shots.
 - During the last minute of the 2nd & 4th quarters, the clock will be stopped.
- Each team is allowed one 30-second timeout per half.
- A one-minute break is allowed between quarters and four minutes at the half.

Overtime Play (as the result of a tie game)

- After a two-minute intermission, a three-minute overtime will be played. The first two minutes will be running time and the clock may be stopped in the final minute.
- In the event of another tie, after a two-minute intermission, sudden death overtime will be played and the team that scores the first point wins.

Game Rules

Playing Time

- Each player will play a minimum of one half/ game providing he is available to play at the start of a game, otherwise at least one quarter of the game.
- A team with seven players or more cannot play anyone more than three quarters.
- Coaches must make every effort to equalize playing time during each game and over the season.

Shooting:

- Three-point shots will be allowed for 7/8 boys when playing in a full-size gym (i.e. NPMS gym)

Fouls

- Players should raise their hands when a foul is called on them to notify the scorekeeper.
- If necessary, referees may call technical fouls.

Substitution

- Substitution is only allowed during the quarter break, except for injury or if a player fouls out.

Defense

- Man to man defense should be played. *Zone defense is not allowed.*
- Full Court press is allowed. If one team is ahead by 15 points, they will press only to 1/2 court.